



Senior Meal Program- March 2020 MENU

| MONDAY-Cahill | TUESDAY-Escalante | WEDNESDAY-N. Tempe | THURSDAY-Escalante | FRIDAY-N. Tempe |
|---|--|--|---|---|
| 2 Breakfast Sandwich w/ Egg,** Pork Sausage and Cheese Hash browns Tomato Wedges Cheddar Chive Biscuit Fresh Apples | 3 Balsamic Glazed Chicken Asparagus Dill Roasted Carrots Whole Grain Roll Apricots | 4 Meatloaf w/ Gravy Festive Cauliflower Mashed Potatoes Whole Grain Roll Oreo Cake Fruit | 5 Chef Salad w/ Turkey, Ham, Egg and Cheese Corn Salad Whole Grain Crackers Fresh Orange | 6 Open Face Turkey w/ Gravy Mixed vegetables Cranberry Yams Whole Grain Roll Slice Pears |
| 9 Sliced Steak Diane Cauliflower Baked Potato Whole Grain Roll Rice Pudding w/ Bananas | 10 Veggie Burger w/ Lettuce & Tomato Chef Vegetable Potato Wedges Apple Sauce | 11 Chicken Stroganoff w/ Noodles Brussel Sprouts Winter Blend Vegetables Whole Grain Roll Mixed Fruit | 12 Meatball Sub w/ Cheese Garden Salad Green Beans Fruit Crisp | 13 Orange Sage Pork Chop ** Succotash Spinach Couscous Whole Wheat Roll Sliced Peaches |
| 16 Pork Ribslets ** Carrots Peas Whole Grain Roll Tropical Fruit | 17 St. Pat's Celebration Corned Beef w/Cabbage Steamed Red Potatoes Sliced Carrots Rye Bread Leprechaun cake | 18 Spaghetti w/ Meatballs Italian Veggie Blend Zucchini Whole Wheat Bread Stick Sliced Apples | 19 <u>Cold Salad Plate</u> Turkey, Potato & 3 Bean Whole Wheat Crackers Apricots | 20 Greek Style Redfish w/ Feta, Olives, and Cucumber Mix Steamed Cabbage Rosemary Potatoes Whole Grain Roll Fresh Fruit |
| 23 Honey Butter Chicken Broccoli Sweet Potato Whole Grain Roll Mandarin Oranges | 24 Birthday Celebration Shepard's Pie Zucchi Squash Whole Grain Roll Peaches Birthday Cake | 25 Scrambled Egg w/ Mushrooms & Spinach O'Brien Potatoes Croissant Fresh Fruit | 26 Pork Fritters w/ Gravy** Garden Salad Roasted Red Potatoes Whole Grain Biscuit Pineapple Upside Down Cake | 27 Tuna Casserole Broccoli Corn Whole Grain Crackers Sliced Pears |
| 30 Baked Ham w/ Pineapple** Cauliflower Stewed Tomatoes Whole Grain Roll Fruit Cocktail | 31 Shrimp Alfredo Fresh Green Beans Carrots Whole Wheat Roll Mixed Berries |  | For reservations, please call the day before: 480-858-6511 |  |

East Valley Adult Resources, Inc is funded in part by Area Agency on Aging Region One